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ELECTRONIC THESIS AND DISSERTATION UNSYIAH

TITLE

HUBUNGAN OBESITAS TERHADAP RISIKO OBSTRUCTIVE SLEEP APNEA (OSA) DI RUMAH SAKIT UMUM DAERAH DR. ZAINOEL ABIDIN BANDA ACEH

ABSTRACT

Obstructive Sleep Apnea (OSA) is a breathing disorder during sleep with the main symptoms of snoring. The increasing prevalence of obesity is associated with increased risk of suffering from OSA. The purpose of this study was to determine the relationship between obesity and the risk of suffering from Obstructive Sleep Apnea (OSA) in dr. Zainoel Abidin Banda Aceh. Methods this study was an observational analytic study using cross sectional held from 29 August to 29 October 2013. Respondents in this study were 200 people who were selected using consecutive sampling method. Data obtained using the Berlin questionnaire and measurement of Body Mass Index (BMI). Data analysis was conducted in stages covering univariate and bivariate analysis using chi-square. Most respondents were at risk of OSA is aged 18-29 years (36.6%). By sex, the risk of suffering from OSA is more common in men 49.5 %. While based on BMI, the risk of suffering from OSA are found on BMI ≥ 25 kg/m². Based on the results of statistical tests for obesity show variable probability p-value=0.000 (p